

(avoid passing ball 'cross in front of the basket being guarded.)

3. To intercept the attack of the opponents & launch their own attack.

Practice - Rebound I Step - bounce out & side
" II Quick pass, from guard to guard.

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R L R.

Individual Defense -

Better game if skillful defense stop skillful offense. Balance between two make better game. Better to lose game than go outside of rules - better skill. Best defense team with fewest no. of personal fouls. Depends upon 1 position 2 stance 3 foot work.

Position

1. Basic point in position between player & basket.

2. Favour the inside of the floor

Values: 1. Playing safe to $\frac{1}{2}$ side.

2. Fund. rule to force player out of bounds - unfavorable pos.

3. Position such that u can always locate ~~the~~ it. from opponent. Close to basket nearer u play to her.

2. Relative speed of mov.

(slow guard farther away from fast forward)

II 1. Stance - position one takes to get foot work started or to stop a shot at basket.

a. Feint &

3. Place favourite foot & keep all weight on rear foot & raise ^{fund.} arm in front.

Foot Work -

1. Any move opponent makes - ready to be there.

2. Fund. try & feint pass to get guards off direction.

Fundamental Techniques - 31.

Do you Want to be a Basketball Player - 34

Individual Offensive.

Catching a ball -

Causes of fumbling -

1. Taking eyes off of ball.
2. Fingers too close to-gether.
3. Tendency to jump when catching.
4. Passer keep eye on ball til Catcher catches it.
5. To much spin to ball.
6. Shorter the distance the ball goes the more accurate both the passer & catcher have to be.
7. Pass at right speed - not too swift.

Two Hand under hand pass - hands at side of ball & fingers spread. Zig-zag formation.

Single under hand pass - forwards for high pass.

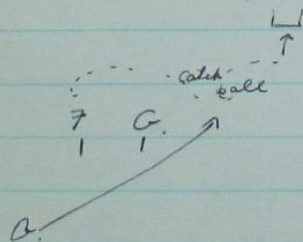
Single over hand pass - As long pass.

3 objections - 1. When raise A. up you telegraph what is going to be done.

2. Apt to put curve on ball when realising it.

3. 2 H's better than one.

Practice Formation for Single O.-H. pass.



Basketball

1941-42 Rule Book

School library - History of Basketball

Explanation of game - Play to find all knowledge people have of game. Find obj. of game from item

Outline as briefly as possible few fouls.

Techniques of Beginners.

1. Running ^{one ft. or front of other}
2. How to stop, turn & pivot
3. Catching & passing (Catch ball above waist - fingers up - ball below - - - down) & hand over head pass. Zig zag formation. Shuttle formation - ball not seen with ball.

4. Chest shot caught - This' means hoop.

5. Gramping for the ball. Just tip with fingers. One ft. in advance.

6. Shading - either one side or other & keep arms distance from player.

Shooting - Arch

1. Height.
2. Distance.
3. Direction.

If able to pass ball - can shoot.

1. Height - higher than rim. Work for happy medium.
2. Distance - Bill shot usual error. When in game kept eye on rim of basket.
3. Shooting straight a matter of balance. Develop a steady set shot.

Clean and Bank Shots. - Long shots clean. If sinking a shot concentrate on spot on board and don't look at rim. For bank shots there can be quite a bit of speed.

Chest Shot 1. Hold ball almost directly at its sides. Easier to guide. Some players have hands too far back - throws direction off.

2. Ball must not touch palms of hands - use finger tips.

3. Fingers well spread.

4. Use a normal free stance with ft. staggered.

5. Keep eye on spot.

6. Kneel slightly - not too deep & not too little.

7. Keep smooth.

8. Lower ball to waist

9. Come up with arms & legs at same time and not too fast.

10. Bring ball up close

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11. " Body up on same plane as

arch as ball.

In other words

12. Release ball by rotating hands in - opening palms of hand & basket.
13. Do not jerk on finish.
14. Follow thro' into arms & step. - poor policy to jump.
15. By following the flight of the ball you will see where you ^{should} belong for rebound.
16. Every shot ^{should} be a good one or you should know the reason why.

One Hand Push Shot.

1. Close to basket & usually while in motion.
2. Quite a lot of speed.
3. 4 groups:
 1. Hand Push - shot from R.
 2. " " " " " " L.
 3. " " " " " " in front.
 4. " " " " " " cutting across from L & R.

To remember -

1. Keep eyes on basket.
2. Release ball at pt. of jump.
3. Closer the easier.
4. Bank ball above & to R. or L. depending ^{upon position} on side shot is taken - except clean in front.
5. Ball transferred to 1 hand. - move it ^{should}.
6. Arm folding ball & reach towards basket as shot is made.
7. Efficient under basket shooter - develop shot with 2 hands.

Foul Shots. (Read)

1. No set type of shot for this.
2. Shot that suits player - practised til player has mastered it.

① Chest - ② 2 Hand Underhand.

To Remember.

1. Fudo. regular practise.
2. After each shot - move.
3. Team Man. keep records.

Foul shooting should not be neglected in practise. The aim should be to convert every foul shot into a point. To do this one must practise regularly.

When practising foul shots a player should not stand in same spot without moving during entire practise. After each shot she should step away from foul line. In a game one must walk up to the line anew for each shot (with exception of double shot award). When possible make all practise stimulate game conditions.

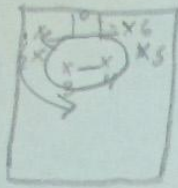
A good method of keeping players interested in shooting fouls & practise is to keep a chart or card file in which each girl records the no. of foul shots taken & the no. made at every practise. In every this way the player may watch her own progress or lack of progress.

Team Play - General Suggestions.

1. It is usually suicide to use long passes on a small floor.
2. Most players can stand a lot of teasing after practice but it is poison to some.
3. The reward for obtaining the ball should at least be a shot at the basket - Do not give up until this is accomplished.
4. If u r ahead 2-ward the end of a close game b careful. Don't take chances. If behind - take chances.
5. Have definite assignments as to which player should take ball out of bounds at end of floor.
6. If player is difficult 2 pass 2 it b. cause she doesn't meet pass. Timing is poor doesn't understand it.
7. Guards should practice free throws over time regularly.
8. B sure scorer & timer a efficient & honest.
9. Do everything 4 visitors you can. The visiting team should look back on game with delightful memories - & they aren't not your opponents except during game.
10. Subs. need more team spirit than regular players.
11. Player bouncing ball should always have a team mate trailing.
12. Play out of bounds balls, in as quickly as possible.
13. When fwd. shoots for basket-guard should turn with shot & focus eye on ball & keep between fwd. & basket. - On recovering ball guard should make good turn & pass or come ball fwd. or 2-ward side line.

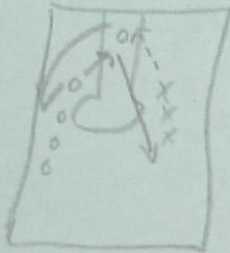
Shooting Practice.

I



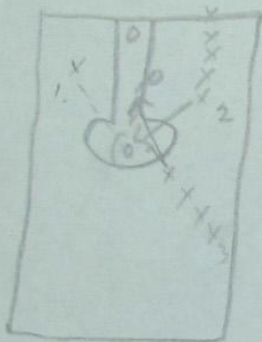
Semi-circle
set shot.

II



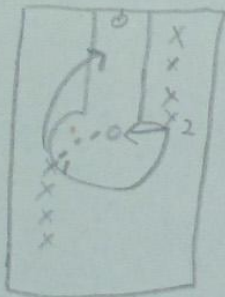
Two-files
short banked shots

III



X1 - X2
X2 - pivot & pass to X3.

IV



Return Pass
Screen Play.